



Routine For: MoveIT Listserv  
Created By: Joni Alonso NCBTMB, ACSM HFI

Dec 23, 2009  
15-minute Body Weight Routine

		Mon	Tues	Wed	Thur	Fri	Sat	Sun	Mon	Tues	Wed	Thur	Fri	Sat	Sun
		Mon	Tues	Wed	Thur	Fri	Sat	Sun	Mon	Tues	Wed	Thur	Fri	Sat	Sun
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# CHART COPY



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## Program Instructions

Begin each session with a short warm-up doing range of motion.

Make sure you do full range of motion and move through the exercise slowly.

If your body weight is not enough of a challenge add hand weights. Pick a weight that challenges you so that your last 1-2 repetitions are difficult, otherwise you need to increase your weights.



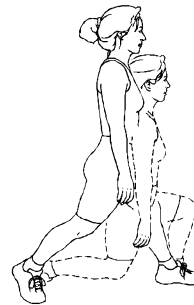
Finish your workout by stretching the major muscle groups.

\*Start doing one-two strength training session per week

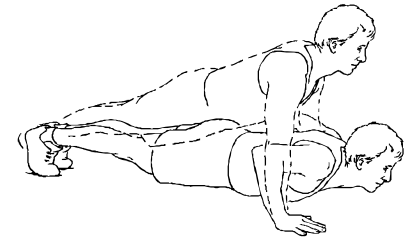
## Lunge: Stationary

In wide stride, legs shoulder width apart, head up, back straight, bend both legs simultaneously until forward thigh is parallel to floor. Do all repetitions to one side. Repeat on other side.

Do 1 sets.  
Complete 12 repetitions.



## Push-Up



Chest a few inches from floor, push up until arms are straight.

Do 1 sets. Complete 12 repetitions.

## Wall Sit

Back against wall, slide down so knees are at 90° angle. Hold 30-10 seconds.

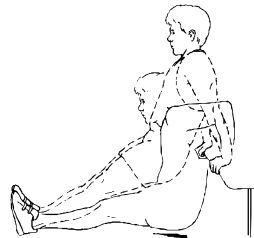
Do 1 sets.  
Complete 2 repetitions.



## TRICEPS DIPS

Body almost to floor, elbows close to sides, press upward until arms are straight.

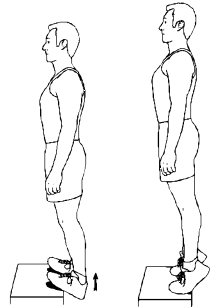
Do 1 sets. Complete 12 repetitions.



## Heel Raise: Standing

Toes on step, lower heels knees slightly bent, rise up on toes as high as possible.

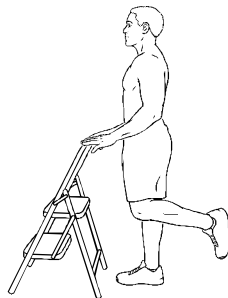
Do 1 sets.  
Complete 12 repetitions.



## Balance

Stand on one leg in neutral spine holding support. Hold 30-60 seconds.

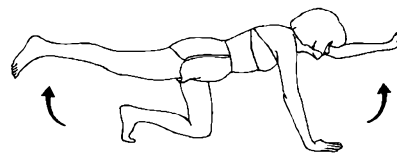
Repeat on other leg.



## Back Extension on All Fours

Start on hands and knees, keeping them apart. Straighten right leg and left arm at the same time. Hold 3 seconds. Switch immediately and repeat with left leg and right arm.

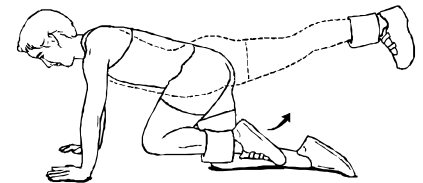
Do 1 set of 12 repetitions on each side.



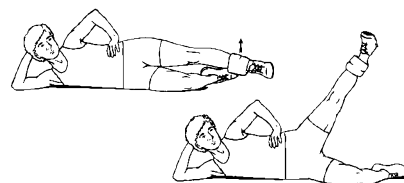
## Kick Back

Leg tucked to chest, keeping hips level, drive leg back and up until straight and slightly above level with body.

Do 1 sets. Complete 12 repetitions.



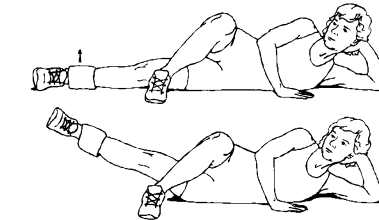
## Leg Abduction



Top leg straight, sweep leg upward as far as possible. Complete all repetitions to one side. Repeat on other side.

Do 1 sets. Complete 12 repetitions.

## Leg Adduction



Bottom leg straight, lift leg upward as far as possible. Complete all repetitions to one side. Repeat on other side.

Do 1 sets. Complete 12 repetitions.

## Hip Lifts



Lift buttocks, keeping back straight and arms on floor.

Hold 3 seconds. Repeat 12 times.

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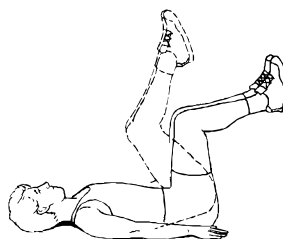
Crunch: Raised Leg



Arms crossed, legs up, bent, ankles crossed, tighten abdominals, raise shoulders and upper back toward ceiling. Keep head and neck in line with spine. Keep low and middle back on floor.

Do 1 sets. Complete 12 repetitions.

Crunch: Reverse

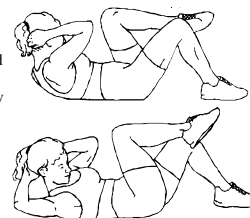


With knees at 90° angle, tighten abdominals, curl hips up until low back clears floor.

Do 1 sets. Complete 12 repetitions.

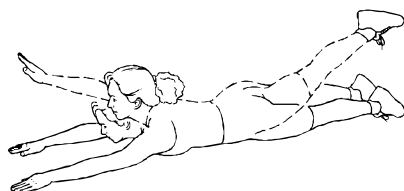
Crunch: Twist

Legs bent, tighten abdominals, raise upper body and one leg. Twist to touch opposite elbow to raised knee. Alternate sides.



Do 1 sets. Complete 12 repetitions.

Leg / Arm Lift: Alternating



Arms and legs as straight as possible, raise opposite arm and leg. Alternate sides.

Do 1 sets. Complete 12 repetitions.